

TRAIN LIKE A LEAFMAN



THE LEAFMAN EXERCISES

Try some of these skills needed to become a Leafman.

See if you can beat your friends:

- How many times can you skip a rope?
- How fast you can run between two trees?
- How long can you balance on one leg?
- How far can you throw a ball or stone?
- How long can you jog on the spot?
- How far can you run and jump?
- How long can you balance on a low wall?
- How high can you build a pile of rocks?
- How long can you hula a hoop?
- How many leaves can you collect?

THE LEAFMAN CHECKLIST

See how many of these you can do:

- Skim a stone on a lake or pond
- Whistle like a bird
- Fly a kite on a windy day
- Run up a giant hill
- Climb a tree
- Hunt for bugs and insects
- Build a den inside or outdoors
- Run around in the rain
- Make a mud pie
- Create a leaf or bark rubbing
- Create an Epic nature collage
- Play hide and seek outside

Blue Sky
epic
FROM THE CREATORS OF ICE AGE

GET ACTIVE LIKE A LEAFMAN WITH GRUB

Grub longs to be a Leafman, and will take any opportunity to prove his worth. Here are some things you can do to learn with Grub, the skills needed to be part of the Jinn elite. Play along with your friends to see who would make the best Leafman.

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